

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (currently amended) A ~~kit dietary supplement~~ comprising:

a dietary supplement comprising

(a) an isolated carbohydrate-boron complex having a boron portion and at least one carbohydrate ligand complexed to the boron portion with a boron-ligand association constant of at least $[[50]]$ 2,500;

wherein the carbohydrate-boron complex is present in the dietary supplement in an amount sufficient to increase a plasma steroid concentration of a human ingesting the dietary supplement; ~~and~~

(b) at least one of a nutritionally acceptable form of calcium, magnesium, and vitamin D; and

an instruction associated with the supplement indicating that ingestion of the supplement promotes bone health.

2. (original) The dietary supplement of claim 1 wherein the carbohydrate ligand is selected from the group consisting of fructose, mannose, mannitol, sorbose, and sorbitol.
3. (original) The dietary supplement of claim 2 wherein the carbohydrate-boron complex is a calcium salt of fructoborate.
4. (original) The dietary supplement of claim 3 comprising the nutritionally acceptable form of calcium.
5. (original) The dietary supplement of claim 3 comprising the nutritionally acceptable form of magnesium.

6. (original) The dietary supplement of claim 3 comprising the nutritionally acceptable form of Vitamin D.
7. (original) The dietary supplement of claim 3 wherein the steroid is 25-hydroxy-vitamin D3, and wherein the increase is at least 10%.
8. (original) The dietary supplement of claim 3 wherein the steroid is testosterone, and wherein the increase is at least 10%.
9. (original) The dietary supplement of claim 3 wherein the increase of the steroid concentration stimulates an increase in bone density.
10. (original) The dietary supplement of claim 1 wherein the carbohydrate-boron complex and the at least one of a nutritionally acceptable form of calcium, magnesium, and vitamin D are combined in a tablet or capsule.
11. (original) The dietary supplement of claim 1 wherein the carbohydrate-boron complex is present at an amount sufficient to increase bone density.
12. (currently amended) A method of increasing a steroid concentration in a human, comprising:

providing an isolated carbohydrate-boron complex having a boron portion and at least one carbohydrate ligand complexed to the boron portion with a boron-ligand association constant of at least ~~[[50]]~~ 2,500; and

providing an instruction to administer the carbohydrate-boron complex to increase ~~under a protocol that increases~~ the steroid concentration in the human and under a protocol effective to increase the steroid concentration in the human.
13. (original) The method of claim 12 wherein the carbohydrate ligand is selected from the group consisting of fructose, mannose, mannitol, sorbose, and sorbitol.
14. (original) The method of claim 13 wherein the carbohydrate-boron complex is a calcium salt of fructoborate.